**BRIDGING PERSPECTIVES THROUGH COMPASSION IN THE NEW YEAR!**

“Compassion is the keen awareness of the interdependence of all things.” *Thomas Merton*. For compassion to take place, awareness (inner and external), attitude (that we are all one), and action (out of awareness and attitude to alleviate or prevent suffering) are all needed. Beginning with a perspective and conviction that we can become increasingly aware of who we are and how we influence our environment, we can make choices that are life giving for all.

(Brief guided meditation for relaxation, reflection, and centering)

How has your faith or tradition taught you to access compassion in yourself or your community?

Does your tradition offer a way for others to learn and practice compassion?

Has your definition and understanding of compassion changed over the years?

What challenges do you face in showing or receiving compassion? How can you be your best when challenged; i.e., choosing to respond with vulnerability, openness, respect, and acceptance over judging and labeling?

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